

Sauna rules

1. You must book the sauna in advance via <https://dmsonline.uvt.nl/nl/home>.
2. You can book the sauna for maximum 2 periods (serried) of 50 minutes. After 18:00h and in the weekends you can reserve only 1 period (50 minutes) at a time.
3. A period, 50 minutes, is including clothing-time.
4. Collect your sauna card from the reception in the Sports Center 5 minutes before the booked time slot. You cannot enter the sauna without this card.
5. To obtain this card you must submit a deposit (e.g. studentcard, bankcard).
Provided you return the card on time, you will receive the deposit.
6. Sauna cards are issued until 15 minutes after the booked time slot.
7. Sauna visitors must use a towel.
8. Swimwear/clothes may not be worn in the sauna.
9. It's forbidden to eat and drink IN the sauna.
10. After visiting the sauna you must hand in the sauna card to the Sports Center reception. Failure to do so will have consequences*.

*Consequences: If you do not comply with the Sauna Rules, you will be refused access to the sauna. A meeting with the Head of the Sports Center will follow, in which follow-up agreements will be made.

